

# Child Care Matters

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Writer /Editor

Marilyn Elward

Editor

Amanda Blagman

Distribution

Simona Bana,

Family Child Care

Department

973-744 -4050

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Programs for Parents

Dr. Beverly Lynn, CEO

500 Bloomfield Avenue

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## The Power of “I Love You” From Dad

**TO ALL DADS:** Raise your hands if you tell your children “I LOVE YOU” on a consistent basis. The National Center on Fathering tells us, “Those three words, spoken with sincerity and backed up by behavior, can demonstrate support, encouragement, tenderness, and caring as much as anything else we do as fathers “. It’s a big deal!

But Dads can give all kinds of excuses, “I take care of them. They know how much I love them.” or “We don’t do that kind of thing in our family.” “It’s another picture, the National Center says, representing the culture of fatherlessness that we’re living in, because even when dads are present in their kids’ lives, too often they aren’t connecting with them in a meaningful, affirming way.”

Dads sometimes take a marginal role in a family. It’s im-



portant for fathers to understand how much their active involvement and speaking love is needed and valued by their children.

**TO EVERY DAD:** If, for some reason, telling your child “I love you” is too difficult for you, the National Center on Fathering has some ideas you might try as you work up to it:

Honor your child by throwing a “just because” party—one which says,

“I love you” for no particular

reason—just because.

Find ways to reinforce your “I love you” message through actions, like a big hug at bedtime or any time, following through on promises, doing small favors, etc.

Ask your child to autograph his or her picture, then display it in your office like you might display something from a celebrity or sports star.

Make special after dinner time to read and play games together regularly.

Use the milestone events that happen this time of year—graduations, performances, sports events, etc.—to communicate to your child, verbally and in writing, “I love you just as you are, and I’m proud to be your dad.

” HAPPY FATHERS DAY!”

Source: *Fathers.com*

## SUMMER SAFETY TIPS

### PREVENT INJURIES

Parents can take many actions to protect their children’s health and safety by following tips on prevention. **WATER SAFETY:** Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every

day as a result of drowning. Always supervise children when in or around water. \* Teach kids to swim. \*Learn cardiopulmonary resuscitation (CPR) \*Install a four-sided fence around home pools. **BEAT THE HEAT:** Infants and children up to 4 yrs old are

especially at risk. \*Never leave infants, children, or pets in a parked car, even if the windows are cracked open. \*Dress infants and children in loose, lightweight, light-colored clothing. \*Schedule outdoor activities carefully, for morning and evening hours.

# Your Voice: How to End the Child-Care Crisis

## How to End the Child-Care Crisis

A child's first 1,000 days are a time to be seized. Today 21 percent of children under 3 live in poverty. The United States is the only industrialized country without paid family leave. The percentage of working mothers has increased from 50 percent to 70 percent, but according to the National Institutes of Health, just 10 % of our child-care settings provide high-quality care. This lack of affordable quality child care is a crisis for American families. In 35 states, families pay more for child care than for mortgages, and in **no** state does the average cost of infant or toddler care meet the federal definition of affordable. In 2017, the First Five Years Fund found

that 89% of voters think making early education affordable for working families should be a priority. We need to take advantage of that public consensus and build a new system that supports families and nurtures learning from Day 1. If we care about equal opportunity in this country, we must provide more funding for infants and toddlers. Research shows that investing in early childhood yields a 13% annual return because quality care leads to success in school, increased earnings, improved health, stronger families and reduced crime rates.

### So where do we start?

Six months of paid parental leave is the beginning. This support will help address the shortage of infant child care and allow critical family bonds to de-

velop. Parents also need assistance during this time. Home-visiting programs designed to support healthy attachment between children and first-time parents should be accessible to all families.

While early childhood educators need to be paid more, it's important that families are not left shouldering that cost. An infusion of public funding for child care subsidies that makes a system of sliding-scale tuition possible, placing a cap on the percentage of income that families are required to pay for care as well as increasing access to quality care is essential.

Source Adapted: New York Times 5/24/19, article by Shael Polakow-Suransky, president of the Bank Street College of Education.



# Tu Voz: ¿Cómo acabar con la crisis en el Cuidado Infantil?

Los primeros 1,000 días de un niño son un momento para ser utilizados en favor de la vida de los niños. Hoy el 21 por ciento de los niños menores de 3 años viven en la pobreza. Estados Unidos es el único país industrializado sin permiso familiar pagado. El porcentaje de madres trabajadoras ha aumentado del 50 por ciento al 70 por ciento, pero según los Institutos Nacionales de la Salud, solo el 10% de nuestros establecimientos de cuidado infantil brindan atención de alta calidad. Esta falta de cuidado infantil de calidad asequible es

una crisis para las familias estadounidenses.

**¿Por dónde comenzamos?** Seis meses de licencia parental remunerada es el comienzo. Este apoyo ayudará a abordar la escasez de cuidado infantil y permitirá que se desarrollen vínculos familiares críticos. Los padres también necesitan ayuda durante este tiempo. Los programas de visitas domiciliarias diseñados para apoyar el apego saludable entre los niños y los padres primerizos deben ser accesibles a todas las

familias. Si bien a los educadores de la primera infancia se les debe pagar más, es importante que las familias no se queden con ese costo. Una infusión de fondos públicos para los subsidios de cuidado infantil que hace posible un sistema de enseñanza de escala móvil, es esencial poner un límite al porcentaje de los ingresos que las familias deben pagar por el cuidado, así como aumentar el acceso a la atención de calidad.

## CONSEJOS DE SEGURIDAD PARA EL VERANO PARA PREVENIR LESIONES

Los padres pueden tomar muchas medidas para proteger la salud y la seguridad de sus hijos siguiendo los consejos sobre prevención en el verano. **SEGURIDAD DEL AGUA:** Los ahogamientos son la principal causa de muerte por lesiones en niños pequeños de 1 a 4 años, y tres niños mueren cada día como resultado de un ahogamiento. Siempre supervise a los niños cuando estén dentro

o cerca del agua. \* Enseñar a los niños a nadar. \* Aprenda sobre resucitación cardiopulmonar (RCP) \* Instale una cerca de cuatro lados alrededor de las piscinas de la casa. **COMBATIR EL CALOR:** Los bebés y los niños de hasta 4 años están especialmente en riesgo. \* Nunca deje a los bebés, niños o mascotas en un automóvil estacionado, incluso si las ventanas están abiertas. \* Vista

a los bebés y niños con ropa holgada, liviana y de colores claros. \* Programar las actividades al aire libre con cuidado, por la mañana y por la tarde.

